

IN THE SPECIFICATION:

Please replace the paragraph beginning at page 7, line 16 and bridging to page 8, line 2, with the following rewritten paragraph:

Thus, a heat generating composition of the invention is as mentioned in claim 1 that, in a heat generating composition which generates heat by contacting with air, a heat generating composition which is characterized in that an exothermic substance, a reaction promoter, water and a carbon component are essential components, water mobility value thereof is ~~20 or less~~ 5 to 15, maximum particle size of water-insoluble solid components excluding the reaction promoter and water is 1 mm or less where 80% or more thereof has a particle size of 300 μ m or less, water in the heat generating composition does not function as a barrier layer, the heat generating composition has molding property by water and exothermic reaction takes place when contacted to the air.

Please replace the paragraph beginning at page 8, line 11, with the following rewritten paragraph:

The heat generating composition mentioned in claim 4 is that according to claim 1, wherein the heat generating composition contains at least one member selected from additional components consisting of water-retaining agent, water-absorptive polymer, hydrogen formation inhibitor, pH

adjusting agent, surfactant, antifoaming agent, hydrophobic polymer compound, pyroelectric substance, far-infrared ray-radiating substance, negative ion-generating agent, ~~antioxidant~~, aggregate, heat generating aid, oxidation catalyst, organosilicon compound, fibrous material, sanitary agent, fertilizer component, ~~active aromatic compound, inactive aromatic compound~~, moisturizer and a mixture thereof.

Please replace the paragraph beginning at page 13, line 7, with the following rewritten paragraph:

The heat generating composition of the invention is a heat generating composition where particle size of water-insoluble solid components except a reaction promoter and water is made a predetermined value or less, excessive water having ~~20 or less~~ 5 to 15 water mobility value is contained, shape of a layered substance molded by molding such as molding by passing a die, molding by stuffing and molding by casting is maintained and generation of heat is made possible without removal of water such as water absorption and dehydration using a substrate material after the molding. Accordingly, it is not necessary to made a container bag water-absorptive but a heat generating body is able to be prepared by receiving a non-water-absorptive container bag.

Please replace the paragraph beginning at page 19, line 10, and bridging to page 20, line 4, with the following rewritten paragraph:

Thus, the heat generating composition of the invention is that, in a heat generating composition which generates heat by contacting to the air, an exothermic substance, a reaction promoter, water and a carbon component are essential components, water mobility value thereof is ~~20 or less~~ 5 to 15 and maximum particle size of water-insoluble solid components excluding the reaction promoter and water is 1 mm or less where 80% or more thereof has a particle size of 300 μm or less to give a heat generating composition having a molding property whereby particle size of water-insoluble solid components and excessive water are adjusted to within appropriate ranges, molding property and shape-holding property are very good, layering by means of molding by passing through a mold, molding by stuffing, slip casting, etc., is easy, heat generating body of an ultra-thin type to a thick type is able to be manufactured at a high speed, the heat generating composition is able to be uniformly distributed in a packing material and an exothermic reaction is able to be started even when the excessive water is not removed by an absorptive material or the like.

Please replace the paragraph beginning at page 81, line 14, with the following rewritten paragraph:

1) In a heat generating composition of the invention, an exothermic substance, a reaction promoter, water and a carbon component are essential components, water mobility value thereof is

~~20 or less~~ 5 to 15, maximum particle size of water-insoluble solid components excluding the reaction promoter and water is 1 mm or less and 80% or more thereof has a ~~particles~~ particle size of 300 μm or less whereby its molding property, shape-holding property and exothermic characteristic are excellent and, accordingly, it is possible to provide a heat generating body having an excellent exothermic characteristic and having various shapes from thin to thick types and from rectangle to even that having curves such as circle.